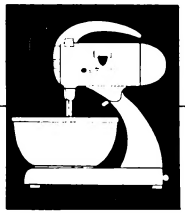
Your favourite recipe with your
Sunbeam
MIXMASTER



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PAGES 3 to 11 of this book contain instructions and general information on Sunbeam Mixmaster. We suggest that you read these pages carefully before putting your Mixmaster to work. This information will help you get the most out of your Mixmaster.

IMPORTANT: Make sure you return your guarantee register card for your own protection and to enable us to forward you interesting information from time to time.

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Publication No. ELX26-48.

Sunbeam SERVICE

FOLLOWING the registering of your guarantee card your Sunbeam Mixmaster is guaranteed against mechanical and electrical failures for a period of 12 months when used domestically and 90 days for commercial users. To give a ready and convenient service to all Sunbeam Mixmaster users we have established in all capital cities of Australia a Sunbeam Service Centre.

New South Wales	**Cooper Engineering Company Pty. Limited** **Coward Street Mascot, Sydney**
Victoria	**Cooper Engineering Company Pty. Limited** **542 Little Bourke Street, Melbourne**
South Australia ..	**Cooper Engineering Company Pty. Limited** **Waymouth Street, Adelaide**
Queensland ..	**Chandlers Pty. Ltd.** **Cnr. Albert & Charlotte Streets, Brisbane** **and branches throughout Queensland**
Western Australia	**M. J. Bateman Ltd.** **12 Milligan Street, Perth**
Tasmania	**Medhurst & Sons Pty. Ltd.** **Hobart and Launceston**

All Sunbeam Service Centres are specially equipped to check and adjust your Mixmaster. We strongly advise that, in the event of your requiring service, you forward your Mixmaster, a precision built machine, to one of these centres. This particularly applies to service within guarantee.

GETTING THE MOST OUT OF YOUR MIXMASTER

It is important to follow these instructions about oiling and greasing to insure the most satisfaction from your Mixmaster.

Before you use Mixmaster first time oil motor bearings 1 and 2. Use a good light machine oil. Put a few drops of oil in holes 1, 2 and 3. DO NOT PUT MORE THAN ONE DROP OF OIL IN 4. *Oil hole* 5 *is located on Mix-Finder dial. Be sure that the dial is set at off (with OFF opposite the arrow) then put a few drops of oil in* 5.

Under heavy usage these parts should be oiled once every two weeks. *Under light usage* once a month. Do not OVEROIL. Put in a few drops of oil occasionally in the spindle of the bowl disc, directly *under* the disc.

About once a year with ordinary usage the supply of grease for the gears should be examined. If juices, oils or other liquids have been permitted to get into the gear compartment the grease will thin out and is likely to run down the beater spindles, which means that the grease should be checked at once.

To open grease compartment simply follow these steps or take your Mixmaster to your service station.

1. Swing handle to side, remove beaters and take out the screw in the centre of cover and take front cover off.
2. Unhook ends of wire spring at points "A".
3. Pull down on beater sockets "D" until points "B" can be lifted out of notches at "C". Remove by pulling out a bit further and tilting down at top.
4. Remove four screws holding grease cover in place.

There should be about one tablespoon of grease inside the gear compartment.

When necessary put in some special Mixmaster Lubricant. Clean out all old grease (do this if water, or other liquids have been permitted to get into gear compartment—see instructions on page nine) and put in a tablespoon of the new Mixmaster Lubricant. Do not pack compartment full of grease or use wrong kind of grease.

Reassemble by reversing operations given above. Make certain points "B" slip into slots "C" before pushing beater sockets "D" up into place.

All electric motors get warm when running, and warmth will increase as load on motor is increased. The temperature rise causes no harm to mechanical or electrical parts.

Note: Always mention model number when requesting service or parts for Mixmaster. See model number stamped on bottom of MOTOR and on bottom of BASE.

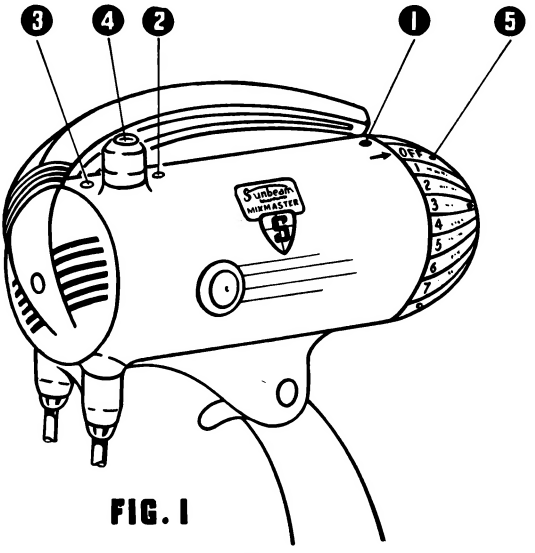


FIG. 1

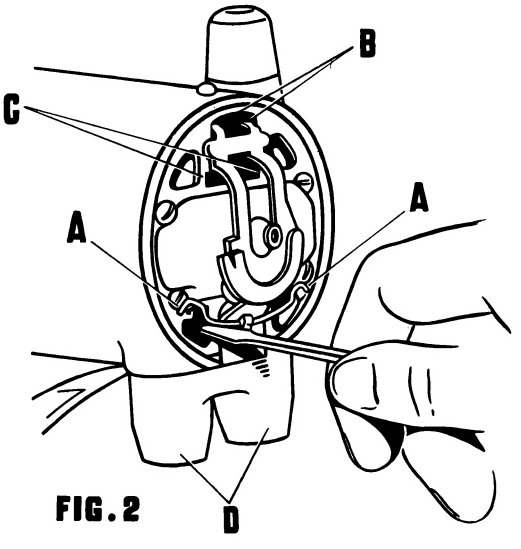


FIG. 2

SUNBEAM MIXMASTER PATENTS

100874 Dated 3.6.36
116571 Dated 1.2.41
116560 Dated 11.3.42
Other Patents Pending

NOW THAT THERE'S A Sunbeam MIXMASTER IN YOUR LIFE...

MAKE Mixmaster save you all the tiring arm-work and time and give you *all* of its marvellous results. Be sure you get all the good out of it you can, because you can't overwork Sunbeam Mixmaster.

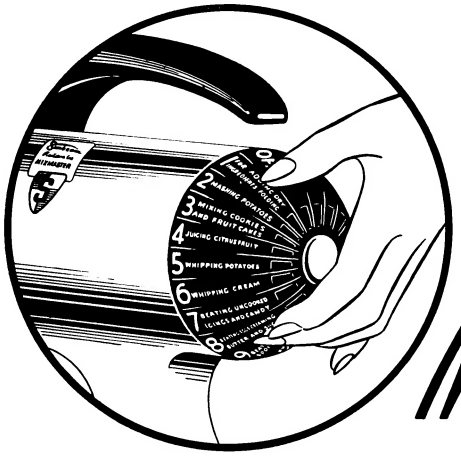
Women who own the Mixmaster tell us the more they use it the more helpful it becomes, and the more they enjoy it. They say that scarcely a week passes but what they find some new way to make cooking, baking and getting the meals easier and better.

Mixmaster occupies a small amount of space in your kitchen, therefore, you should keep it readily accessible. Keep it where it is convenient to use at a moment's notice at all times. In this way you will use it for every meal, every

day and save yourself more time and arm-work. One of the first things you should do is select or prepare a good, permanent location for your Mixmaster, a place where it will always be plugged in ready for instant use at the turn of the switch. A double outlet for this purpose is inexpensive and convenient.

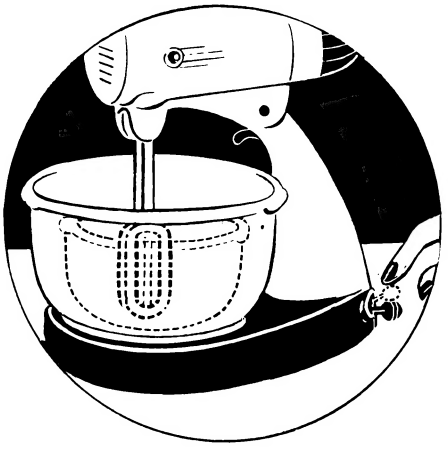
THE CARE AND OPERATION OF MODEL 9B AUTOMATIC MIXMASTER

VOLTAGE OF CURRENT.—Use only on current of the *voltage* stamped on bottom of motor and on bottom of Mixmaster base. Either direct or alternating current may be used.



Mix-finder
TRADE MARK

In the recipes in this book you will find the correct mixing speed for each operation in the preparing of each recipe. On the Mix-Finder dial itself are given both the speed numbers and the principal use for which speed is best suited. You simply dial the Mixmaster to the correct mixing speed for any mixing job you have at hand. Whether it's creaming the butter and sugar for a cake, blending your favourite salad dressing or whipping creamy-fluff mashed potatoes—you have the perfect mixing speed at your finger tips . . . instantly. You don't guess. It's all plainly indicated on the Mix-Finder dial—easy-to-see, easy-to-set and scientifically right. Home economists agree that PROPER MIXING, at the correct, uniform speed, is the "success secret" of many a recipe—and of cake making particularly. The Mix-Finder is an exclusive Mixmaster feature.



BOWLS AND REVOLVING DISC

Two bowls are furnished, LARGE and SMALL. When in use the bowl stands in the revolving disc. The beating position can be changed by moving the lever at the rear of the upright to the desired marking Small or Large. Both beaters can be thus placed to give perfect beating results in the required mixing bowl.

TILT MOTOR BACK

The frame is hinged so the motor can be tilted back to lift the beaters clear of the bowls, allowing them to drain into the bowls. The beaters should be stopped before motor is tilted back, to avoid splashing. Should any object drop between the beaters, switch off the motor at once before making any attempt to remove the object.

To control position of beaters on bowl, raise or lower the small adjusting screw, which is found near the hinge. This adjustment allows the beaters to be brought very close, but not touching the large bowl. Best Food Mixing results are thus ensured.

TO DETACH MOTOR FROM BASE-PEDESTAL

Pull small trigger down to lift off motor with beaters. When replacing be sure trigger is up in place and motor locked in pedestal before starting motor. Mixmaster can be used either as a portable or a stationary mixer. In mashing potatoes or other foods you can either bring the vessel containing them to the mixer or carry the detachable motor and beaters right to the stove. If you wish to bring hot food to the mixer take off the turn-table and Mixmaster will mix, mash, stir or beat in the original kettle or utensil in which food was cooked.

TO REMOVE BEATERS

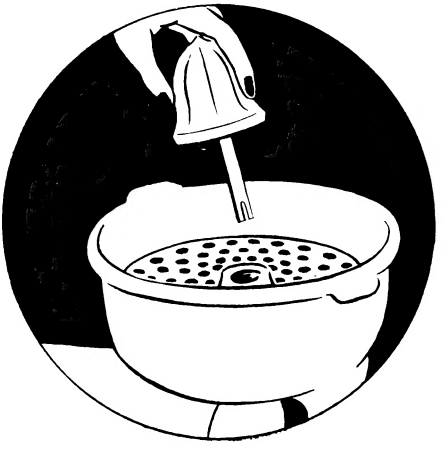
Tilt the motor back and turn the handle down to the side position. This action will eject both beaters. You can replace the beaters whether the handle is up or down. The beaters are easily cleaned after removing them. There are no hard-to-get-at corners. Beaters should be clean and thoroughly dried before they are put back into the motor. When desired, the motor, base, and revolving disc can be cleaned with a damp cloth. Beaters may be replaced with handle up or down. Push beaters firmly into position.

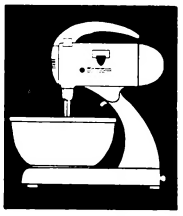
TO ATTACH JUICE EXTRACTOR AND STRAINER

Turn handle to the side and place the juicer bowl over the cone shaped bowl support on the top of the Mixer. Place the strainer on the holding ledge inside the bowl and then insert the reamer spindle down into the cone shaped juicer support. When through juicing, lift the reamer and strainer out of the bowl. Then remove bowl from the support. Do not dash water into the bowl while bowl is on the motor. Speed No. 4 is recommended for juicing. If more pulp is required a higher speed is suggested.

AFTER WASHING BEATERS BE SURE THEY ARE THOROUGHLY DRIED BEFORE REPLACING IN THE MOTOR.

DO NOT PUT MOTOR OR REVOLVING DISC IN WATER OR LET WATER OR JUICE GET INTO ANY PART OF MOTOR.





SUGGESTIONS FOR USE OF Sunbeam MIXMASTER

ONE THING TO BEAR IN MIND

You'll find that Mixmaster not only beats much more evenly than by hand, but also **faster.** For that reason it is well not to mix for such a long period of time with the Mixmaster as you would by hand. Mixing too long has a tendency to make the mixture tough. Do not overbeat.

Mixmaster bowls stand on the ball-bearing disc, which turns easily. When the mixture gets to a certain thickness the bowl turns by itself and carries all of the mixture INTO and THROUGH the beaters. If the bowl does not turn by itself you can turn it easily because it moves so freely on the ball-bearing platform. When mixing in the larger bowl, scrape the side of the bowl occasionally with a small rubber scraper. This is desirable with potatoes because, having starch in them, they have a tendency to stick to the sides. When the batter in the small bowl is not heavy enough to make the bowl revolve, it is not necessary to turn the bowl as the beaters reach all portions of the ingredients in the bowl.

Use your Mixmaster for every beating operation because the electric mixer does a much more even job than can be done by hand. You will find that the finished cake, whipped potatoes or mayonnaise is more satisfactory. In cakes you will notice how much finer the grain, how much further the same ingredients go, how much lighter and fluffier the cake, and how you will do the entire job in approximately one-third the time.

creaming butter and sugar..

This is given on eighth speed in the recipe book and on the Mix-Finder. Leading domestic science authorities all agree that this high speed for creaming is best to dissolve the sugar and obtain the creamiest, lightest texture. It is recommended that butter be at room temperature. Some home economists start the creaming operation at No. 1 or 2 speed until the butter has been broken up and partially mixed with the sugar, and then move the Mix-Finder up to 8th speed. If the butter is taken directly from the refrigerator use No. 1 speed, tilting the motor back and pressing the beaters into the lumps to break them up. A rubber spatula may be used throughout the creaming operation.

CAKES and COOKIES

The speeds to be used in mixing the following recipes have been carefully tested and approved by Good Housekeeping Institute. Each recipe given has been successfully made a number of times using the speeds and temperatures given. However, it is recognized that temperatures, altitudes and even the ingredients themselves will vary. Therefore, you may vary these speeds accordingly. We suggest in all cases that you DO NOT OVER-BEAT. Note—**all measures are level.**

LOAF SPICE CAKE

½ c. shortening
¾ c. castor sugar
2 eggs
1¾ c. sifted self raising flour
½ tsp. salt
2 tsp. cinnamon
1 tsp. allspice
1 tsp. nutmeg
½ tsp. powdered cloves
½ c. plus 2 tbsp. milk

Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster at No. 8 speed. Add sugar gradually with beater still at No. 8 speed. Scrape down the sides of the bowl and beat a minute longer. Add eggs, unbeaten, one at a time, and beat 1 min. after each addition, still using No. 8 speed. Scrape the bowl and beat 1 min. Turn to No. 1 speed and add the mixed and sifted dry ingredients, alternately, with the milk—¼ of each at a time—as quickly as possible. Scrape the bowl and beat a few seconds longer with beater still at No. 1 speed. Bake in 8″x8″x2″ pan that has been greased or lined with waxed paper, in a moderate oven of 450°F. for 40 to 45 min.

CHOCOLATE CAKE

½ c. shortening
1 c. granulated sugar
2 eggs
2 sq. (2 oz.) unsweetened cooking chocolate or cocoa
1¾ c. sifted plain flour
½ tsp. salt
2 tsp. baking powder
¼ tsp. baking soda
¾ c. milk
½ tsp. vanilla extract

Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster at No. 8 speed. Add sugar gradually with beater still at No. 8 speed. Scrape bowl and beat a minute longer. Add eggs, unbeaten, one at a time and beat 1 min. after each addition, still using No. 8 speed. Add chocolate which has been melted over hot water and then cooled, and beat 1 min. Scrape the bowl and beat 1 minute. Turn to No. 1 speed, add the mixed and sifted dry ingredients, alternately with the milk to which the vanilla has been added, ¼ of each at a time, as quickly as possible. Scrape bowl and beat a few seconds longer at No. 1 speed. Bake in two greased 8″ layer cake pans in a moderately hot oven of 450°F. for 25-30 min.

LARGE SUNSHINE CAKE

9 eggs
1½ c. sugar
1½ c. sifted flour
½ tsp. salt
1 tsp. cream of tartar
1 tsp. orange extract
1 tsp. lemon extract

Separate eggs, beat whites stiff but not dry with salt and cream of tartar in large bowl of Mixmaster using No. 7 speed. Add sugar gradually. Beat yolks with extract until thick and lemon colored in small bowl on No. 3 speed. Add yolks to egg white mixture. Fold in flour. Pour into ungreased tube pan, place in oven, at 425°F. and bake 1 hr., 20 min. Remove from oven, invert for 1 hr. or until cold, on cake rack. Remove from pan, loosening with spatula.

DEVIL'S FOOD CAKE

½ c. shortening
1 c. castor sugar
½ c. boiling water
2 sq. (2 oz.) unsweetened cooking chocolate, melted, or cocoa
2 eggs, unbeaten
1½ c. sifted cake flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
½ c. sour milk or buttermilk
1 tsp. vanilla extract

Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster at No. 8 speed. Add sugar gradually with beater still at No. 8 speed. Scrape bowl and beat a minute longer. Stir water and chocolate smooth and add at No. 4 speed. Add eggs, unbeaten, one at a time and beat 1 min. after each addition, still using No. 8 speed. Scrape the bowl and beat 1 min. Turn to No. 1 speed, add the mixed and sifted dry ingredients, alternately with the milk to which the vanilla has been added—¼ of each at a time—as quickly as possible. Scrape bowl and beat a few seconds longer at No. 1 speed. Bake in greased 8″x8″x2″ pan in moderate oven of 450°F. for 40-45 min.

CAKES and COOKIES

INEXPENSIVE WHITE CAKE

½ c. shortening
1 c. castor sugar
2 eggs
1¾ c. sifted plain flour
½ tsp. salt
2 tsp. baking powder
½ c. milk
1 tsp. vanilla extract

Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster using No. 8 speed. Add sugar gradually with beater still at No. 8 speed. Add eggs, unbeaten, one at a time and beat 1 min. after each addition still using No. 8 speed. Scrape bowl and beat 1 min. Turn to No. 1 speed and add the mixed and sifted dry ingredients, alternately, with the milk, to which the vanilla extract has been added—¼ of each at a time—as quickly as possible. Scrape bowl and beat a few seconds longer at No. 1 speed. Bake in two greased 8″ layer cake pans or in cup cake pans, in a moderately hot oven of 425°F. for 25-30 min.

SPONGE CAKE

6 eggs, separated
1 c. castor sugar
1 tbsp. vinegar
½ tsp. flavouring extract
1 c. sifted plain flour
¼ tsp. salt

Beat egg whites, using No. 7 or No. 8 speed, until stiff enough to hold their shape. In another bowl beat the egg yolks, using same speed until thick and lemon-colored, and add sugar gradually, still using same speed. Add vinegar and flavoring and beat about 30 sec. longer. Sift flour and salt together and fold in. Fold in beaten egg whites slowly. Bake in ungreased 10″ tube pan in a slow oven 425°F. for ¾ hr. Remove from oven, invert pan for 1 hr. or until cold on a cake rack. Then remove from pan, loosening cake with spatula.

ONE EGG WHITE CAKE

2 c. sifted plain flour
2 tsp. baking powder
¼ tsp. salt
4 tbsp. shortening
1 c. castor sugar
1 egg, unbeaten
¾ c. milk
½ tsp. vanilla extract

Sift flour, baking powder and salt together three times. Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster at No. 8 speed. Add sugar gradually with beater still at No. 8 speed. Scrape bowl and beat a minute longer. Add egg and beat 1 min. still using No. 8 speed. Scrape bowl and beat 1 min. Turn to No. 1 speed and add the sifted dry ingredients, alternately, with the milk to which the vanilla has been added—¼ of each at a time—as quickly as possible. Scrape bowl and beat two minutes on No. 4 speed. Bake in two greased 9″ layer cake pans in a moderate oven of 425°F. for 25 min.

TWO EGG CAKE

½ c. shortening
1 c. castor sugar
2 eggs
½ tsp. salt
1¾ c. sifted self raising flour
½ c. milk
½ tsp. vanilla extract

Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster using No. 8 speed. Add eggs, unbeaten, one at a time, and beat 1 min. after each addition, still using No. 8 speed. Scrape bowl and beat 1 min. Turn to No. 1 speed and add the mixed and sifted dry ingredients, alternately with the milk, to which the vanilla has been added—¼ of each at a time—as quickly as possible. Scrape bowl and beat a few seconds longer at No. 1 speed. Bake in two greased 8″ layer cake pans in a moderately hot oven of 425°F. for 25-30 min.

LIGHTNING CAKE

⅓ c. butter
½ c. castor sugar
4 eggs
½ tsp. salt
1 cup self raising flour
5 tbsp. milk scant
1 tsp. vanilla extract

Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster using No. 8 speed. Add sugar gradually with beater still at No. 8 speed. Scrape bowl and beat a minute longer. Add egg yolks and beat at same speed until blended well. Scrape bowl and beat 1 min. Turn to No. 1 speed and add sifted dry ingredients, alternately, with milk to which vanilla has been added—¼ of each at a time—as quickly as possible. Pour into two greased 8″ layer cake pans. Put meringue (given overleaf) on top and bake in a slow oven of 425°F. for 35 min.

CAKES and COOKIES

MERINGUE FOR LIGHTNING CAKE

4 egg whites
½ tsp. salt
8 tbsp. castor sugar
¼ tsp. baking powder
½ c. chopped nuts

Beat egg whites in small bowl of Mixmaster with salt and baking powder until almost stiff using No. 7 or No. 8 speed. Add sugar gradually, using same speed until sugar is thoroughly combined with egg whites. Spread on top of Lightning Cake batter and sprinkle with nuts.

CUSTARD FILLING FOR LIGHTNING CAKE

2 tbsp. flour
3 tbsp. castor sugar
⅛ tsp. salt
1 c. scalded milk
2 egg yolks, beaten
1 tsp. vanilla extract

Combine flour, sugar and salt in top of double boiler. Add the milk gradually, beating at No. 3 speed. Continue beating at same speed until smooth and thick, then cook about 10 min. Pour slowly over the beaten egg yolks, return to double boiler and cook for 2 min. Cool and add flavoring, and spread between layers of LIGHTNING CAKE, meringue side up. Two bananas, cut in slices, may be placed on top of custard.

ANGEL FOOD CAKE

1¼ c. sifted plain flour
1½ c. egg whites (about 12 eggs)
½ tsp. salt
1 tsp. cream of tartar
1½ c. granulated sugar
¾ tsp. vanilla extract
¼ tsp. almond extract

Sift flour three times. Beat egg whites, to which salt has been added, in large bowl of Mixmaster on No. 7 or No. 8 speed until foamy. Lift beaters up and down to incorporate more air during entire mixing process of Angel Food Cake. Add cream of tartar and whip until stiff, or until egg whites stand up in points, but not dry. Add sugar slowly, 1 tbsp. at a time using No. 1 speed. Fold in flour. Add flavouring. Bake in ungreased tube pan in a slow oven of 400°F. for 1 hr. and 10 min. Remove from oven, invert pan for 1 hr. or until cold on a cake rack Then remove from pan, loosening cake with a spatula.

SUNBEAM DATE DESSERT

¾ c. castor sugar
2 eggs, separated
¼ lb. dates
½ lb. walnut meats
¾ c. sifted plain flour
½ tsp. baking powder
⅛ tsp. salt

Pit dates and cut them in lengthwise slices. Break nut-meats into small pieces. Beat egg whites until light in large bowl of Mixmaster on No. 7 or No. 8 speed. Then, using No. 1 speed, add egg yolks and continue to beat; add sugar, then flour which has been sifted with baking powder and salt, and nuts and dates. Beat just long enough so all ingredients are mixed. Spread in a greased 8"x8" pan and bake in a moderate oven of 450°F. for 25 min. Cut in squares and serve cold with a topping of whipped cream. A red cherry on top of cream dresses it up.

CREAM PUFFS

½ c. butter or margarine
1 c. boiling water
1 c. sifted plain flour
4 eggs

Put butter and boiling water in a saucepan, place over heat and boil until butter is thoroughly melted. Add flour, all at once and stir vigorously. Cook until mixture is thick and smooth and does not stick to side of pan, stirring constantly so it will not burn. Place mixture in large bowl of Mixmaster and add eggs, one at a time, beating on No. 3 speed for about ½ min. after each addition. Drop by rounded dessertspoonfuls on a greased baking sheet, 1½ inches apart. Bake in a hot oven of 475°F. for 30 mins. When cool make a small opening and fill with favorite filling, sweetened whipped cream or ice cream. Makes 24 3-inch puffs.

Special Hints for Perfect Food Mixing

Sunbeam

ADVISORY BUREAU

Do

The Sunbeam Method for Perfect Food-Mixing

The new, exciting Sunbeam Mixmaster is once again available to the Housewives of Australia. It is obvious from the tremendous interest shown, that they realise the advantages of a perfect food mixer, which will beat foods lighter, produce a greater quantity from the ingredients used and assist in the introduction of new and exciting foods to the family.

Practice and experience are essential factors to a better understanding of food mixing. The manufacturers of Sunbeam Mixmaster are proud to announce the establishment of a "SUNBEAM ADVISORY BUREAU", under the direction of Clare Collins their trained Sunbeam Home Economist, who will, upon request, give advice on all food mixing, supply special recipes, or any information required on your kitchen problems.

This is a real Sunbeam Service offered to the Australian Home Maker wherever she may be. Country and Interstate users may write through their local branches or agents or write direct to:

CLARE COLLINS, Sunbeam Home Economist

Sunbeam
ADVISORY BUREAU

You Know How?

BY CLARE COLLINS

SUNBEAM HOME ECONOMIST

AIDS TO BETTER BEATING

Here are a few elementary hints, which have been collected from experience gained by Mixmaster users and from my own experience in the practical use of the Sunbeam Mixmaster, which I am sure will help you with food mixing.

1. It is advisable to have your Mixmaster conveniently plugged in ready for use at all times for the many beating, whipping and creaming tasks it will perform. Every day, every meal there is some such task and if your Sunbeam Mixmaster is stored in a cupboard it will not be used.
2. Always have *all* the ingredients for your cakes at room temperature. Home Economists agree that best results are obtained when a cake batter is prepared at an even temperature.
3. In Winter it may even be necessary to warm the shortening. Be careful and do not allow it to oil, as oiling will retard aeration.
4. Time is saved and better results are obtained if the shortening is creamed before the sugar is added. Remember, the sugar will not completely dissolve without the addition of liquid, so cream the butter and sugar until it is light and fluffy.
5. There is no necessity to beat eggs before adding them to a butter mixture. Just drop them in, one at a time, allowing each to beat through before further additions are made.
6. Did you know that eggs chilled in a refrigerator will not beat satisfactorily? They too should be at room temperature.
7. Complaints have been received about eggs beating insufficiently and it was found that new laid eggs had been used. Eggs a few days old aerate much better than those newly laid.
8. When preparing a sponge, meringues, etc., beat the egg whites until VERY STIFF then add the sugar GRADUALLY.
9. Add the egg yolks to a sponge mixture AFTER the sugar is dissolved and allow them to mix lightly through. DON'T OVERBEAT.
10. Personally, I find when adding flour to a sponge, the best results are obtained if the sifted flour is FOLDED in with a metal spoon or whisk. This preserves the fine aeration provided by the Automatic Mixmaster beating.
11. Remember your Mixmaster Motor is detachable and can be used when making boiled frosting, sauces, etc., giving extra aeration in much less time.
12. And speaking of time! The actual beating time when using a Sunbeam Mixmaster is about one third of the time allotted to hand beating.

    The foregoing hints may help you with every day food mixing and no doubt you too will have other puzzling experiences which can be readily overcome. Despite years of research we discover, day by day, new methods and ideas which lead to better beating. It is our aim to supplement the information already supplied with further valuable information, which will be forwarded upon request.
13. Have you tried pulping Pineapple on the Juice Extractor? Set the bowl without the strainer and press cut pineapple firmly on. Use a cloth or glove to protect your hand from the rough pineapple skin.

Try These Two Easy Recipes

Every Australian Housewife wants to serve a perfect cake, which will be the envy of all her friends. A Sunbeam Mixmaster, properly used, and a reliable recipe are two important steps in attaining perfection. I suggest you try the following Basic Recipes which are very much in demand, not forgetting, "Aids to Better Beating".

FOUNDATION BUTTER CAKE.

4 ozs. butter or margarine
4 ozs. castor sugar
2 eggs
8 ozs. Self-raising flour
6 tablespoons milk or water

BEAT the butter or margarine in a large mixing bowl on speed 5 until very soft. Increase speed to 8, add sugar and continue beating until light and creamy.

ADD the eggs, one at a time, beating well between each addition.

MIX in sifted flour and liquid alternatively, using speed 1.

PLACE in prepared 4" x 7½" tin.

BAKE in a moderate oven for 30 to 35 minutes.

COOL and ice with warm icing.

Any one of the following may be added to the above mixture:

2 ozs. chopped nuts
3 ozs. dried or crystallised fruit
2 tablespoons coconut
2 ozs. cocoa or chocolate

SPONGE SANDWICH.

3 eggs
4 ozs. sugar
4 ozs. Self-raising flour
3 tablespoons warm milk

BEAT the egg whites stiffly on Speed 9.

ADD the sugar gradually and continue beating until the sugar is dissolved.

MIX in the egg yolks lightly on Speed 6.

FOLD in the sifted flour and lastly the warm milk, using a metal spoon or whisk.

POUR into two well greased 7" sandwich tins.

BAKE in a moderate oven 15 to 20 minutes.

CAKES and COOKIES

CALLA LILIES

3 eggs
¾ c. castor sugar
1 c. sifted plain flour
1 tsp. baking powder
1 tsp. vanilla extract
1 c. whipped or mock cream

Beat eggs to a stiff froth in large bowl of Mixmaster, using No. 5 speed. Turn to No. 1 speed and add sugar; then fold in flour mixed with baking powder. Add vanilla. Drop by spoonfuls on a greased cookie sheet about 3 inches apart. Bake in a moderately hot oven of 450°F. until done—about 5 minutes. Remove from pan, roll immediately while still hot like a flower and place with folded side down to cool. Fill centre with sweetened whipped cream decorating if desired with a piece of candied orange peel in the centre. Serve as a dessert. Makes 8 lilies.

SPONGE JELLY ROLL

6 egg yolks
1 c. castor sugar
½ c. boiling water
½ tsp. salt
2 tsp. baking powder
1½ c. sifted plain flour
1 tsp. vanilla extract

Beat yolks light in large bowl of Mixmaster, using No. 5 speed. Add sugar, then boiling water. Turn to No. 2 speed, add dry ingredients and beat 2 min. Pour in jelly roll pan about 8"x12" lined with wax paper. Bake at 425°F. for 12 min. Roll while hot with apple or quince jelly in centre.

ICE BOX COOKIES

3 eggs
1 c. butter or margarine
½ c. castor sugar
1 c. brown sugar
5 c. sifted plain flour
½ tsp. salt
1 tbsp. cinnamon
1 tsp. soda
2 tsp. baking powder
1 c. chopped nutmeats

Beat eggs until light in small bowl of Mixmaster using No. 4 speed. Let shortening stand at room temperature until rather soft. Cream it with sugar in large bowl of Mixmaster using No. 8 speed. Add beaten eggs still using No. 8 speed. Turn to No 3 speed and add dry ingredients, beating until thoroughly blended. Form into a roll and place in refrigerator for several hours. When firm slice and bake in a moderately hot oven of 400°F. for 10-15 min. or until golden brown. Makes about 48 cookies.

DROP GINGER COOKIES

1 c. shortening
1½ c. firmly packed brown sugar
2 eggs
1 c. treacle
5 c. sifted plain flour
1 tsp. baking soda
1 tsp. powdered ginger
1 tsp. salt
1 c. boiling water

Let shortening stand at room temperature until rather soft. Cream it in large bowl of Mixmaster for 1 min. at No. 8 speed. Gradually add sugar, with beater still at No. 8 speed. Scrape the bowl and beat for a minute longer. Add the eggs, unbeaten, one at a time and beat 1 minute after each addition, still using No. 8 speed. Scrape the bowl and beat a few seconds. Add the treacle, still using No. 8 speed. Turn to No. 1 speed and add the dry ingredients, alternately with the boiling water, beating just long enough to blend thoroughly. Drop by teaspoons onto a greased baking sheet. Bake in a moderately hot oven of 475°F. for 10-12 minutes. Makes about 6 dozen cookies.

PINWHEEL COOKIES

2 c. sifted plain flour
1 tsp. baking powder
½ tsp. salt
⅓ c. shortening
½ c. castor sugar
1 egg yolk
1 tsp. vanilla extract
3 tbsp. milk
1 sq. (1 oz.) unsweetened cooking chocolate, melted or cocoa

Sift together the flour, baking powder, and salt. Let shortening stand at room temperature until rather soft. Cream it with the sugar using No. 8 speed. Add the egg yolk and vanilla still using No. 8 speed. Turn to No. 2 speed and add the sifted dry ingredients alternately with the milk, beating just long enough to thoroughly blend. Divide into two parts. Add melted chocolate to one part or tint with a food coloring. Roll both parts out to about ¼" thickness. Place one on top of the other and roll until thin. Then roll up tightly like a jelly roll. Wrap in waxed paper and chill in the refrigerator for several hours. Cut in ¼" crosswise slices and place on greased baking sheet. Bake in a hot oven of 450°F. for 10-12 min. Makes 45 cookies.

CAKES and COOKIES

DATE DROP COOKIES

1 c. shortening
1½ c. brown sugar
3 eggs, unbeaten
3 c. sifted plain flour
½ tsp. baking soda
2 tsp. baking powder
1 tsp. cinnamon
2 tsp. powdered cloves
1-7¼oz. pkg. dates cut up fine.
½ c. chopped nutmeats

Let shortening stand at room temperature until rather soft. Cream it with the sugar in the large bowl of the Mixmaster at No. 8 speed. Add eggs, unbeaten, one at a time and beat 1 min. after each addition still at No. 8 speed. Sift together the flour, soda, baking powder and spices and add ½c. of this mixture to the dates and nutmeats. Turn to No. 2 speed and add the remaining dry ingredients to the creamed mixture, beating just long enough to thoroughly blend. Add the floured dates and nuts with the beater still at No. 2 speed. Drop by teaspoonfuls onto a greased baking sheet. Bake in a moderately hot oven of 475°F. for 12-15 minutes. Makes about 3 doz. date drops.

BUTTER COOKIES

2 c. butter or margarine
2¼ c. castor sugar
4 eggs
½ tsp. salt
6-1/3 c. sifted self-raising flour

Let butter stand at room temperature until it is rather soft. Cream it in large bowl of Mixmaster for 1 min. at No. 8 speed. Gradually add the sugar, with the beater still at No. 8 speed. Scrape the bowl and beat for a minute longer. Add the eggs, unbeaten, one at a time and beat 1 min. after each addition, still using No. 8 speed. Scrape the bowl and beat a few seconds. Turn to No. 1 speed and gradually add the salt and flour which have been sifted together, and beat until blended. Put through a cookie press following the manufacturer's directions or roll out on a floured board, or form into a roll and chill in the refrigerator for several hours, then slice. Bake on a greased cookie sheet in a hot oven of 425°F. for 20 min. Makes 120 small cookies. Different flavorings or spices may be added if desired.

SPRITZ COOKIES

1 c. butter or margarine
2/3 c. castor sugar
3 egg yolks
3 c. sifted plain flour
1 tsp. almond extract
1 tsp. baking powder

Cream butter and sugar in large bowl of Mixmaster, using No. 8 speed. Add egg yolks and flavoring still using No. 8 speed. Turn to No. 1 speed and add flour beating until well blended. Put through cookie press following manufacturer's directions, onto greased cookie sheet. Bake for 8 to 10 minutes in a moderately hot oven of 425°F. Makes about 90 small cookies.

HOT WATER GINGERBREAD

½ c. shortening
½ c. castor sugar
1 egg
½ c. treacle
2½ c. sifted plain flour
1½ tsp. baking soda
½ tsp. powdered cloves
1 tsp. cinnamon
1 tsp. ginger
½ tsp. salt
½ c. hot water

Allow the shortening to stand at room temperature until rather soft. Cream it in large bowl of Mixmaster at No. 8 speed. Add sugar gradually and beat about 2 min. still at No. 8 speed. Add the egg, unbeaten, and beat 1 min. at No. 8 speed. Scrape the bowl and add treacle. Turn to No. 4 speed, and beat until well blended. Turn to No. 1 speed, add dry ingredients sifted together and a little of the hot water. When the batter is smooth, add the rest of the hot water slowly, using No. 1 speed, and beat just long enough to thoroughly blend. Bake in a greased loaf pan 9"x9"x½" in a moderate oven of 450°F. for 30 to 35 min.

SCHAUM TORTE (OR MERINGUES)

4 egg whites
1 c. castor sugar
1 tsp. vinegar
1 tsp. vanilla extract

Beat the egg whites in the large bowl of the Mixmaster on No. 7 or No. 8 speed until stiff but not dry. Turn the beater to No. 3 speed and add the sugar gradually continuing to beat until all the sugar is added. Add the vinegar and vanilla still at No. 3 speed. Drop by tablespoons onto brown paper arranged on a baking sheet. Bake in a slow oven of 325°F. for 1 hr. to 1¼ hrs. Remove from the paper at once. When cool crush the top and fill with whipped cream or ice cream and fruit. Makes 20 meringues.

FROSTINGS

This frosting can be made with the Mixmaster used portably at the stove or with the Mixmaster used on its regular stand.

NEVER FAIL FROSTINGS

1 c. castor sugar
¼ tsp. salt
½ tsp. cream of tartar
2 unbeaten egg whites
3 tbsp. water
1 tsp. vanilla extract

In making this frosting, the Mixmaster may be used portably at the stove or it may be used on the regular Mixmaster stand. Let water come to boiling point in the lower section of double boiler. Then combine all the ingredients except vanilla in top of double boiler and place top section into lower section. When using Mixmaster portably at the range beat at No. 8 speed, until frosting is fluffy and holds its shape—about 3 min. Then add vanilla. When using the Mixmaster stand, remove bowl and revolving disc. Bring the water in the lower section of a double boiler to the boil. Put in the upper section with the combined ingredients, and place the entire utensil on the base of Mixmaster stand. Beat at No. 8 speed, tilting mixer so beaters do not touch bottom of upper section of double boiler and moving double boiler a little, if necessary, so that beaters reach all sections of frosting.

VARIATIONS FOR NEVER FAIL FROSTING

CARAMEL — Use 1 cup brown sugar in place of white sugar.

MARASCHINO — Substitute three tablespoons Maraschino cherry juice in place of water. Add chopped cherries before spreading.

ORANGE — Use three tablespoons orange juice in place of water. Add a little grated rind and tint orange with vegetable coloring.

PINEAPPLE — Use pineapple juice in place of water. Add bits of cut up pineapple.

BERRY — Use three tablespoons crushed strawberries or raspberries and omit water in recipe.

CHOCOLATE

2 egg whites
1½ cups sugar
¼ tsp. cream of tartar
5 tbsp. water
1 tsp. vanilla
3 oz. unsweetened chocolate, melted

Proceed as with other Never Fail Frostings. Fold in the melted chocolate last of all.

BUTTER FROSTING

1/3 c. butter or margarine
2 tbsp. liquid
2 c. icing sugar

Cream butter in small bowl of Mixmaster at No. 8 speed. Add sugar alternately with the liquid at No. 5 or No. 6 speed. The liquid may be either lemon juice or orange juice and the grated rind of half the fruit or any fruit juice. Beat all together until smooth.

RICH HONEY FROSTING

2 egg whites
1 c. honey

Boil honey until it forms a soft ball when dropped into water. Beat egg whites stiffly on speed 6. Add honey and beat until thick. spread on cakes such as sponges, etc.

FROSTINGS

ORANGE CREAM FROSTING

Juice and rind of 1 orange
2 tbsp. flour
2 egg yolks or 1 whole egg
½ c. sugar
1 c. whipping cream

Mix all ingredients together except cream and cook over boiling water until thick. Allow to get cold. Whip cream stiff on No. 9 speed and fold orange mixture into whipped cream, using No. 4 speed.

SUNBEAM FROSTING

½ c. milk
2 sq. (2 oz.) unsweetened chocolate
1 c. castor sugar
2 tbsp. butter or margarine
1 egg, beaten
3 c. icing sugar
2 tbsp. vinegar

Scald milk in top of double boiler; add the chocolate and stir until melted. Then stir in sugar. Add butter or margarine and beaten egg and stir frequently until the mixture thickens—about 5 minutes. Remove from heat, cool and pour into large bowl of Mixmaster. Add the icing sugar and vinegar, beating while adding them at No. 3 or No. 4 speed until mixture is smooth. When thick spread on cake.

CHOCOLATE WHIPPED CREAM FROSTING

5 tbsp. cocoa
1/3 c. icing sugar
1½ tbsp. hot water
1 c. cream
2 tsp. vanilla extract
2 layers of sponge, angel or white cake

Combine cocoa, sugar and hot water into a smooth paste. Cool. Whip the cream in small bowl of Mixmaster using No. 9 speed. Add the cocoa mixture beating at No. 4 speed just long enough to thoroughly blend the ingredients. Add vanilla and spread between layers and on top of cake.

EMERGENCY FROSTING

1 egg white
Few grains salt
½ c. tart jelly such as quince, blackberry, etc.

Put egg white, jelly and salt in small bowl of Mixmaster set in a large utensil containing hot water. Beat at No. 5 speed until jelly is all dissolved and frosting holds up in peaks. This frosting will hold its shape for about three hours.

CANDIES

FUDGE

2 c. crystal sugar
3 tbsp. cocoa or 2 squares (2 oz.) chocolate
1 c. nut meats
¾ c. milk
2 tbsp. butter or margarine
1 tsp. vanilla

Combine sugar, salt, cocoa or chocolate and milk in a saucepan over low heat, stirring constantly until sugar is dissolved. Cook gently to 238°F. or until a little of the mixture forms a soft ball in cold water. Add the butter or margarine and cool to lukewarm (110°F.). Add the vanilla and beat with the Mixmaster at high speed until almost stiff. Then pour into a greased or oiled pan about 8″x4″ and when cool cut into squares. Makes about 1¼ lbs.

CANDIES

DIVINITY FUDGE

2 c. crystal sugar
½ c. water
½ c. corn syrup (glucose)
1 c. walnut meats
2 egg whites
1 tsp. vanilla extract

Combine sugar, water, corn syrup, in a saucepan over a low heat, stirring constantly until sugar is dissolved. Continue cooking, without stirring, to 265°F., or until a little of the mixture dropped in cold water forms a hard ball. If any sugar crystals form on the sides of the pan, remove them with a wet piece of cheese cloth wound around the tines of a kitchen fork. Remove the syrup from the heat and gradually pour over the egg whites, beaten stiff but not dry, in small bowl of Mixmaster at No. 8 speed, beating constantly while adding the syrup. Turn to No. 5 speed and continue beating until mixture begins to thicken, add nutmeats and vanilla and pour into an 8"x8" greased or oiled pan. When cold cut in squares.

FONDANT

2 c. crystal sugar
2/3 c. water
⅛ tsp. cream of tartar

Combine all ingredients in a saucepan over a low heat, stirring constantly until sugar is dissolved. Continue cooking without stirring to 238°F. or until a little of the mixture will form a soft ball in cold water. Remove from heat and allow to cool. When cool enough to retain a dent made by the tip of a spoon, beat in Mixmaster until thick and creamy, at No. 5 speed. Put in a covered jar and let stand for 24 hrs. before using. Add desired flavoring extracts and food colorings and shape into various sizes and forms; combine with nuts, glace fruits, etc., or melt in top of double boiler over hot water and use for dipping fruits or nuts or for making peppermint drops.

MASHED POTATOES, VEGETABLES, ETC.

MASHED POTATOES

Potatoes can be mashed or whipped in the Mixmaster in either of two ways:

1. Some women prefer to mash and whip potatoes in the larger bowl which comes with the Mixmaster because the bowl revolves and your hands are left free.

Boil potatoes until soft. Drain thoroughly. Place potatoes in large bowl that comes with the Mixmaster, first preheating it with warm water (not boiling or very hot water). This will keep the potatoes warm.

Using No. 2 speed, turn bowl by hand so potatoes are fed into the beaters and lift the beaters up and down to chop the potatoes into bits. Keep turning bowl slowly by hand until all potatoes are broken up. The bowl will then turn by itself. This will be done in one-third the time usually taken by hand. Add one-half cup hot milk and 1 tablespoon butter for each 2 pounds of potatoes. Now you can use No. 5 speed for three minutes. Bowl will automatically revolve. Use a rubber scraper on the sides. Potatoes will be very light and fluffy.

2. If you prefer not to transfer hot potatoes into bowl that comes with Mixmaster and to mash and whip them in the vessel in which they were cooked—pull the little trigger under the motor, lift off motor and beaters and mash the potatoes right in the vessel in which they were cooked. Use No. 2 speed and lift beaters up and down, which will chop potatoes into bits. Add hot milk and butter and whip on No. 5 speed for about 3 minutes.

MASHED POTATOES, VEGETABLES, ETC.

SQUASH, TURNIPS, ETC.

Mash and whip squash, turnips, parsnips and other vegetables by the same method as outlined above.

CREAMED CHOPPED SPINACH

Shake water from each spinach leaf and place in kettle to steam until tender. Place in large bowl and use medium speed to chop up fine. Make a butter sauce of 1 tablespoon butter, 1 tablespoon flour, ½ cup of spinach liquor or water drained from spinach. Blend well. Turn spinach into sauce. Serve as vegetable or on toast.

PUREES

Cook apricots, prunes, dried peas or vegetables until very tender. In the case of prunes, remove the stones. Place in Mixmaster bowl and allow to mix until a puree is the result. Fresh fruits, such as strawberries, cored peeled apples, etc. can be pureed. The seeds in the strawberries will stick to the beater so the strawberry puree is seedless.

MAYONNAISE & SALAD DRESSINGS

MAYONNAISE

2 egg yolks
2 c. olive or salad oil
1 tsp. sugar
½ tsp. salt
½ tsp. dry mustard
3 tbsp. vinegar or 2 tbsp. lemon juice

Beat eggs until thick and lemon colored in small bowl of Mixmaster at No. 4 speed. Pour in the oil drop by drop using No. 2 speed. When half the oil has dripped into the mixture, add sugar, salt, mustard and vinegar or lemon juice. When oil has finished dripping beat two minutes longer, using No. 4 speed. If a more piquant mayonnaise is desired, add an extra half teaspoon of salt, sugar and mustard.

FRENCH DRESSING (MILD)

¾ c. salad oil
3 tbsp. vinegar
1 tsp. salt
¼ tsp. pepper
1 tbsp. sugar

Place ingredients in small bowl of Mixmaster and beat at No. 2 speed for 4 min. Enough paprika to color may be added.

1000 ISLAND DRESSING

1 c. mayonnaise
4 tbsp. chili sauce
1 hard boiled chopped egg

Mix in small bowl of Mixmaster on No. 1 speed until blended together.

CHEESE DRESSING

3 oz. soft cheese
1 c. mayonnaise or French dressing

Put cheese in small bowl of Mixmaster and break it up by beating at No. 2 speed. Add mayonnaise or French dressing and continue beating at No. 1 speed until blended.

MAYONNAISE & SALAD DRESSINGS

FRUIT JUICE DRESSING

¾ c. olive or salad oil
2 tbsp. lemon juice
½ tsp. salt
⅛ tsp. white pepper
2 tbsp. orange juice
½ tsp. paprika

Put oil, lemon juice, salt and pepper in small bowl of Mixmaster and beat at No. 2 speed for 3 min. Add orange juice and paprika and beat 2 min. longer.

RUSSIAN DRESSING

1 chopped apple
½ green pepper
1 tsp. chopped onion
4 tbsp. chili sauce
1 c. mayonnaise

Put apple, green pepper, onion and chili sauce in small bowl of Mixmaster and beat at No. 1 speed until combined. Add mayonnaise and continue beating at No. 1 speed until blended.

BREADS and BISCUITS

DELICIOUS SUNBEAM ROLLS

2 cakes compressed yeast
2 tbsp. lukewarm water
½ c. castor sugar
1 c. scalded milk
½ c. shortening
1 tsp. salt
3 eggs
4½-5 c. sifted plain flour

Soften the yeast cakes in the water to which 1 tbsp. of the sugar has been added. Combine the remaining sugar, milk, shortening and salt in the large bowl of Mixmaster. Turn the beater to No. 2 speed and add the eggs. Turn the beater to No. 1 speed and add 2c. of the flour and the yeast. Turn the beater to No. 5 speed and beat for about 4 min. With a spoon add as much more flour as can be stirred into the dough without kneading. Place in a greased bowl, cover with a clean towel and let rise in a warm place (75°F. to 85°F.) until double in bulk. Turn onto a lightly floured board and cut into two equal parts. Roll each piece out into a round about 9" in diameter. Divide each round into 12 wedge shaped pieces. Starting with the wide end, roll up each wedge shaped piece. Arrange the rolls in a greased baking pan with the small end down. Brush the rolls with diluted condensed milk and sprinkle with poppy seeds if desired. Let rise in a warm place (75°F.-85°F.) until double in bulk. Bake in a hot oven of 525°F. for about 15 to 20 min. Makes 2 doz. rolls.

COFFEE CAKE

2 c. milk
2 tbsp. castor sugar
2 tsp. salt
1 tbsp. shortening
1 compressed yeast cake
¼ c. lukewarm water
7 c. sifted plain flour
1 c. castor sugar
3 eggs
1 tsp. cinnamon
½ c. melted butter
1 c. seedless raisins
1 candied dried pineapple ring, sliced thin

Scald the milk, add the 2 tbsp. castor sugar, salt, and shortening and place in large bowl of Mixmaster. Cool to lukewarm (about 85°F.). Meanwhile soften the yeast cake in the lukewarm water and then stir into the lukewarm milk mixture. Turn to No. 2 speed and add 3 c. of the flour. Beat until thoroughly combined and let rise until light in a warm place (75°F. to 80°F.). When light turn to No. 4 speed, beat for 5 min. adding sugar and eggs (one at a time), cinnamon, melted butter, raisins and pineapple. Add 2 c. more of the flour and beat 4 min. more on No. 1 speed. Stir in the remaining 2 c. of flour with a spoon. Turn dough into larger bowl to rise. Cover with a towel and let rise in a warm place until nearly double in bulk. Punch down the dough and turn into two greased loaf pans 10"x5"x3½" and let rise again until double in bulk. Bake in a moderately hot oven of 475°F. for 1 hr. reducing bottom heat after ½ hr.

BREADS and BISCUITS

TOPPING FOR COFFEE CAKE

2 tbsp. soft butter
¾ c. sugar
1 tsp. cinnamon
1 tbsp. flour

Put all ingredients in small bowl of Mixmaster and beat at No. 2 speed for 2 min. Sprinkle over top of COFFEE CAKE before baking.

WHITE BREAD

2 c. milk
2 tbsp. castor sugar
2 tsp. salt
1 tbsp. shortening
1 compressed yeast cake
¼ c. lukewarm water
7 c. sifted plain flour

Scald the milk, add sugar, salt and shortening and place in large bowl of Mixmaster. Cool to lukewarm (about 85°F.). Meanwhile soften the yeast cake in the lukewarm water and then stir into the lukewarm milk mixture. Turn to No. 2 speed and add 3 c. of the flour. Beat until thoroughly combined and let rise until light in a warm place of 75°F to 85°F. Stir in the remaining flour and knead until dough is elastic to the touch and bubbles may be seen under surface. Place in a greased bowl, cover and let rise in a warm place (75°F. to 85°F.) until double in bulk. Toss on lightly floured board, knead well, cut into 2 loaves, shape and place in greased loaf pans about 10″x3½″. Cover with a clean towel and let rise in a warm place (75°F. to 85°F.) until nearly double in bulk. Bake in hot oven of 525°F. for 15 min., then reduce heat to 475°F. and finish baking for 45 min. longer. Brush crust with melted fat and remove bread from pans at once to a cake rack. Makes 2 loaves.

SWEET MUFFINS

2 c. self raising flour
4 tbsp. castor sugar
1 c. milk
2 eggs
1 tsp. salt
4 tbsp. melted shortening

Sift together the flour, baking powder, salt and sugar into the large bowl of Mixmaster. Put milk, eggs and shortening into the small bowl of Mixmaster and beat together at No. 1 speed. Add to the sifted dry ingredients and beat just enough to mix, still using No. 1 speed. Bake in greased muffin pans in a hot oven of 525°F. for 20 min. Makes about 14 muffins.

VARIATIONS OF MUFFINS

For Nut muffins add ¾ cup chopped nuts to above recipe.

For Raisin muffins add ¾ cup seeded raisins to above recipe.

For Date muffins add 1 cup chopped dates to sweet muffin recipe.

PLAIN SCONES

2 c. self raising flour
1 tsp. salt
2 tbsp. shortening
¾ c. milk

Sift together the flour and salt into the large bowl of Mixmaster. Add the shortening and mix on No. 1 speed for about 3 min. or until the mixture is the consistency of coarse corn meal. Turn the beater to No. 2 speed and add ½ c. of the milk; beat for 1 min. Add the remaining ½ c. of milk and beat just enough to mix. Turn the dough onto a lightly floured board and pat or roll out to ¾″ thickness. Cut with a scone cutter into rounds. Bake in a hot oven of 500°F. for 12 min. Makes about 10 scones, 2″ in diameter.

DATE SCONES

Follow recipe given for plain scones, adding 1 cup chopped dates before adding milk.

BREADS and BISCUITS

NUT BREAD

3 c. self raising flour
½ c. castor sugar
1 tsp. salt
1 c. chopped nutmeats
1½ c. milk
1 egg beaten
3 tbsp. melted shortening or salad oil

Sift together the dry ingredients into large bowl of Mixmaster. Beat egg in small bowl of Mixmaster at No. 6 speed for 1 min. Turn to No. 1 speed and add the milk slowly and beat until mixed. Add to the sifted dry ingredients using No. 4 or No. 5 speed. Add nutmeats and shortening still using No. 4 or No. 5 speed. Scrape bowl and beat a few seconds longer. Bake in a greased loaf pan about 10"x5"x3½" in a moderate oven of 450°F. for 1 hr.

DATE BREAD

Use recipe for NUT BREAD, substituting 1 c. finely cut stoned dates for the nutmeats. Raisins, currants, chopped stoned prunes or figs may be used instead of dates.

PIE CRUST

1½ c. plain flour
¾ tsp. salt
½ c. shortening
Ice water
½ tsp. baking powder

Sift flour and salt together in large bowl of Mixmaster, and add shortening broken up in small pieces. Beat at No. 1 speed until pastry resembles coarse meal, about 5 min. Add just enough cold water to hold mixture together. Divide in two parts and roll each out on a floured board. Makes 2 crusts.

LEMON CAKE PIE

2 eggs, separated
5 tbsp. self raising flour
1 c. castor sugar
2 tbsp. melted butter or margarine
1 lemon; juice and grated rind
1 c. milk
Pie pastry for 1 crust

Beat egg whites in small bowl of Mixmaster at No. 7 speed until stiff but not dry. Turn to No. 3 speed and add gradually 4 tbsp. of the sugar beating until it is thoroughly combined. Mix remaining sugar and flour together in large bowl of Mixmaster, add egg yolks, butter, lemon juice and rind and beat at No. 2 speed until well mixed. Add milk slowly and beat until mixture is smooth, still at No. 2 speed. Fold in egg white mixture with a spoon. Line pie plate with pastry and turn in the filling. Bake in a moderate oven of 450°F. for 40 min.

CINNAMON RUSK PIE

½ c. butter or margarine
1½ c. castor sugar
2½ c. corn flakes (crushed)
4 eggs, separated
Pinch salt
1 tbsp. flour
2 c. scalded milk
1 tbsp. vanilla extract
1 tsp. cinnamon

Let butter or margarine stand at room temperature until rather soft. Cream it in small bowl of Mixmaster using No. 5 speed. Add ½ c. of the sugar and continue beating until blended. Turn to No. 3 speed. Add 1⅜ c. of the crumbs and blend all together until thoroughly mixed. Line bottom and sides of a 9" pie plate with this mixture. Beat the egg yolks in the small bowl of Mixmaster at No. 7 speed, add ½ c. of the sugar, the salt and flour and continue beating at No. 7 speed until blended. Gradually add this to the scalded milk while stirring and cook, stirring constantly, over hot water until of a soft custard consistency—about 8 min. Add vanilla. Turn into pie pan lined with rusk mixture. Top with a meringue made by egg whites beaten until stiff with the remaining ½ c. of sugar in small bowl of Mixmaster. Sprinkle remaining rusk crumbs over top of meringue, then shake cinnamon over top. Bake in a moderate oven of 400°F. for 20 min. Cool and store in refrigerator until serving time.

DESSERTS and MISCELLANEOUS

PRUNE WHIP

1½ c. water or prune juice
1 pkt. lemon jelly crystals
1 c. pitted prunes
1 egg white

Dissolve lemon jelly crystals in 1 c. of hot water or prune juice, following manufacturer's directions and stir until dissolved. Add remaining ½ c. cold water or juice and set aside in a cool place to congeal. Beat egg white in small bowl of Mixmaster until stiff at No. 8 speed. Put prunes in large bowl and beat on No. 3 until very fine. Add gelatin which has been chilled until partially set and whip until light and fluffy on No. 4 speed. Then add beaten egg white and mix just enough to fold into prune mixture. Chill thoroughly. Serve with whipped cream.

APRICOT WHIP

Follow directions for prune whip, using apricots. Peaches or strawberries may also be used.

PARADISE ROLL

1 c. walnuts, chopped
1 lb. dates, chopped
1 lb. marshmallows, cut in small pieces
½ c. cream
½ c. milk
1 lb. cake or biscuit crumbs

Mix walnuts, dates and marshmallows with cake or biscuit crumbs. Add cream and milk and mix about 5 minutes on No. 2 speed. Save 1 cup cake or biscuit crumbs to use for moulding loaf. Wrap in wax paper and put in refrigerator to harden. When ready to use, slice and serve with rose of whipped cream and a cherry. Other fruits in proper proportions may be used.

CHEESE SOUFFLE

3 tbsp. butter or margarine
3 tbsp. plain flour
1 c. milk
¾ tsp. salt
Dash cayenne
1-1/3 c. grated cheese
4 eggs, separated

Melt butter in a double boiler, add flour, and then blend. Add milk, salt and cayenne; cook, stirring until thick. Add cheese and stir until melted. Beat the egg yolks in small bowl of Mixmaster at No. 7 speed and stir the sauce into them. Cool. Beat egg whites in large bowl of Mixmaster until stiff but not dry and fold them into this cheese mixture. Pour in a 1½ qt. buttered casserole and bake in a very slow oven of 400°F. for 40 to 45 min. Serves 4 to 6.

FLUFFY OMELET

3 eggs, separated
3 tbsp. water or milk
¼ tsp. salt
Speck of pepper
1 tbsp. fat

Beat egg whites until stiff but not dry in small bowl of Mixmaster at No. 8 speed. Beat egg yolks at No. 8 speed in large bowl, add the milk, salt and pepper and beat until combined. Fold egg yolk mixture into egg whites. Meanwhile melt fat in an omelet pan and tip it slightly to grease sides and bottom. Pour in the omelet and spread evenly on the surface. Cook over low heat until omelet is puffed and golden brown on the underside—about 9 min. Then place in a moderate oven of 450°F. for about 5 min. or under a hot grilling element. (If the omelet, when touched with the finger tip, clings to it, it needs longer cooking.) When done loosen with a spatula cut across at right angles to handle of pan, without cutting all the way through. Then fold over carefully and turn onto a hot platter. Serve at once. Serves 2.

POPOVERS

1 c. sifted self raising flour
¼ tsp. salt
⅞ c. milk
2 eggs
½ tsp. melted shortening

Sift together flour and salt into large bowl of Mixmaster. Add milk gradually with beater at No. 1 or No. 2 speed, beating until mixture is smooth. Beat eggs in small bowl at No. 7 speed until light and add to first mixture using No. 1 or No. 2 speed. Add shortening and beat 2 min. at No. 8 speed. Pour into greased muffin pan and bake in a hot oven of 550°F. for 30 min. Then for further 8 to 10 mins. with oven turned off. Makes 9 popovers.

DESSERTS and MISCELLANEOUS

WAFFLES

1¼ c. sifted plain flour
1½ tsp. baking powder
½ tsp. salt
1 tsp. sugar
1/3 c. melted butter or margarine
1 c. milk
2 eggs, separated

Mix and sift dry ingredients into large bowl of Mixmaster. Turn to No. 3 speed and add melted butter, then add milk gradually alternately with egg yolks that have been beaten at No. 4 speed in small bowl of Mixmaster. Beat egg whites in small bowl of Mixmaster until stiff and fold into the first mixture. Bake in a waffle iron following manufacturer's directions for operating the iron. Makes 5 to 6 waffles.

CHEESE FONDUE

5 eggs, separated
2 c. soft bread crumbs
1½ c. milk
¾ tsp. salt
¼ tsp. dry or prepared mustard
¾ c. cheese, grated (3 c.)

Beat egg whites in small bowl of Mixmaster until stiff at No. 8 speed. Beat yolks slightly in large bowl at No. 4 speed. Turn to No 1 speed, add the bread crumbs, milk, salt, mustard and grated cheese. Fold in the beaten egg whites. Turn into a greased, uncovered 1½ qt. casserole dish and bake in a moderate oven of 450°F. for 30 or 40 mins., or until a silver knife inserted in the centre comes out clean. Serves 6.

SAVOURY SOUFFLE

½ c. corn flour
2 c. milk
3 tbsp. butter or margarine
1/3 tsp. salt
3 eggs
Pepper

Stir corn flour into hot milk and cook until mixture comes to the boil, stirring constantly. Stir in salt and pepper and butter or margarine. When cool add eggs which have been beaten in small bowl of Mixmaster at No. 5 speed. Turn into greased baking dish and bake in a moderate oven of 450°F. for 40 min. Serve immediately.

MAPLE PARFAIT

3 eggs, separated
1 c. golden syrup
½ tsp. salt
1 pt. whipping cream
½ c. finely chopped nut meats
Maple syrup essence

Beat egg yolks until thick and lemon colored in small bowl of Mixmaster at No. 7 speed. Add syrup and beat until mixed. Cook this mixture in the top of a double boiler until thick like soft custard, stirring constantly. Cool. Whip egg whites until stiff in small bowl of Mixmaster at No. 8 speed. Whip cream in large bowl at No. 7 speed until stiff. Mix together cream and egg whites and fold this into egg yolk mixture. Flavour and place in tray of refrigerator with control at coldest setting and freeze. Serves 8.

MARSHMALLOW ICE CREAM

20 marshmallows
1 c. milk
1 tbsp. vanilla extract
1 c. whipping cream

Melt marshmallows in milk in top of double boiler. Remove from heat and add vanilla. Cool. When mixture begins to thicken, fold in the cream which has been whipped in large bowl of Mixmaster at No. 8 speed. Turn into tray of automatic refrigerator and freeze to a mush with control at coldest setting. Remove, turn into large bowl of Mixmaster which has been chilled in refrigerator and beat for 2 min. at No. 4 speed. Return to tray and finish freezing. Serves 6-8.

DESSERTS and MISCELLANEOUS

VANILLA ICE CREAM

Made with a Cooked Base

¾ c. castor sugar
2 tbsp. flour
1 egg
¼ tsp. salt
1½ tsp. vanilla extract
2 c. heavy cream
3 c. milk or 1½ c. evaporated milk (unsweetened) and 1½ c. water

Combine sugar and flour in top of double-boiler. Beat egg on No. 8 speed, add milk and salt, then add gradually to dry ingredients, using Mixmaster portably at No. 1 speed. Cook over hot water until mixture begins to thicken, then remove. Chill, add vanilla extract and cream, then freeze. Makes 2 qts. For 1 qt. make half this recipe.

CHOCOLATE ICE CREAM

Make Vanilla Ice Cream above, beating 3 sq. (3 oz.) melted, unsweetened cooking chocolate into the hot milk custard, using No. 1 speed. Then proceed as for Vanilla Ice Cream.

CHOCOLATE CHIP ICE CREAM

Make Vanilla Ice Cream as above adding 1 c. chipped unsweetened cooking chocolate to the chilled vanilla mixture.

STRAWBERRY ICE CREAM

Make Vanilla Ice Cream as above, reducing milk to 1 c. and vanilla to ½ tsp. When mixture is cold, add 1 qt. hulled strawberries which have been mashed or sieved and sweetened with ¾ c. additional granulated sugar, and blend thoroughly, using No. 1 speed. Then proceed as directed.

Sunbeam MIXMASTER

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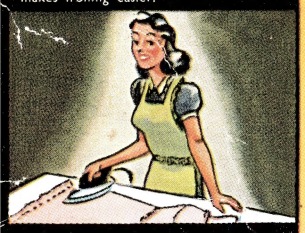

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